

M. Movchan*Candidate of Philosophy Sciences, Associate Professor,
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Study of fear as an important phenomenon of human existence is extremely relevant in transitional periods of society's development, when the intensity of fear increases, and it gains global scale.

People have been unable to overcome the "old" fears that accompanied them from immemorial times, but, unfortunately, they also received a lot of new fears that had been unknown in the previous era. The fear is becoming a permanent feature of human consciousness. The political, economic, socio-cultural, technological processes of modern life, war, terrorism, separatism, unemployment, poverty, diseases and poor protection of the population from the negative effects give rise to fear in a global scale.

Fears are divided into three groups: 1) biological (natural), 2) social, 3) existential. Biological (natural) fears are fears of atmospheric and astronomical phenomena, volcanoes and earthquakes, animals etc. Among the social fears (which exist only

among men) there are: fear of responsibility, fear of challenges (exams, etc.). Existential fears concern: fear of death, darkness, etc.

Intensity of fear (according to increased psychological stress) may be different. It is rated as follows: tizzy – anxiety – fright – fear – horror – panic.

Effective methods to combat fear are: cognitive method, assistance, psychological defense and special techniques (autogenic training, neurolinguistic programming (NLP) and others.

To successfully study the mysteries of the human, normal development, operation and development of the individual in the social environment it is necessary to conduct further studies of existential fear, using theoretical and empirical achievements of Ukrainian and foreign researchers, critically analyze them, and then, given the cultural, psychological, economic, legal, mental and other factors, apply in the theory and practice of human life.